

# The Gettysburg Chronicles

## Ombudsman Newsletter

***COME JOIN IN CELEBRATION***

***OF THE HALF WAY POINT!***

**MAY 2009**

**Third Edition**



Hello Friends and Family of IKE,  
We would like to announce the Adult Halfway party information.

**Date:** May 29th, 2009

**Time :** 6:pm-11pm

**Where:** Wyndham Oceanfront in Virginia Beach

**5700 Atlantic Ave Virginia, Beach VA**

### Halfway Party!

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### **Ticket Prices**

E-6 and below 5.00

E-7 and Above 10.00

**Please Contact Your IKE FRG Executive Board Members for tickets and more information at**

**[ikefrg@yahoo.com](mailto:ikefrg@yahoo.com)**



**\*\*Rooms are available at discounted rate, just mention the USS Eisenhower Party\*\***

## Lei Making



**Hello Ike Families,**

**We need you!!! If you have ever made a lei or want to make a lei, or are bored, and aren't quite sure. Please contact your FRG at [ikefrg@yahoo.com](mailto:ikefrg@yahoo.com) Attention lei making**



### **Your Ike Ombudsman Team**

Justina  
757-323-7194  
Joanna  
757-323-3730  
Parys  
757-323-3288  
Melissa  
757-407-7274  
April  
757-323-3750

## Military Spouse Appreciation Day !!!!!

Since 1984, the Armed Forces have set aside a special day to acknowledge the significant contributions of our spouses. This year, Friday, May 9, 2008, has been designated Military Spouse Appreciation Day. The life of a military family is one of unique challenges. Spouses continue to meet these challenges with grace and strength. Take time to thank your spouse for a job well-done. Take the time to give yourself a pat on the back, for all the things you do as a Military spouse everyday.



## Feel Like Being Pampered, Spoiled, and for FREE!!!

The Joint Military Spouse Appreciation Committee would like to cordially invite military spouses of all Service Branches to enjoy a

**FREE EVENING OF PAMPERING**  
as we celebrate YOUR contributions with a special evening under the stars.

Wednesday, 13 May 2009

Hampton Roads Convention Center  
1610 Coliseum Drive, Hampton VA  
23666

Between 5:00 -9:00 p.m.

Military ID is required for admit-

Over 80 local vendors providing, Military & Community Resources, Arts & Crafts, Jewelry, Home Projects, Beauty Consultations, Giveaways and much more...

**Please call Fleet & Family Support Center Newport News at 688-6289 for more information**

**Please do not bring children**

**"Evening Under the Stars"**

## Finding it Hard to cook for One? Why Not SHARE!

### Hampton Roads Food Bank

#### What is SHARE?

SHARE Hampton Roads is a community building organization that offers nutritious food packages at highly discounted rates. Each value food package is worth approximately \$35-\$40, but can be purchased through SHARE for only \$20 and two hours of volunteer service of your choice. SHARE Hampton Roads is not a government funded program, but instead relies on the help of its volunteers and the price of each food package to keep running. Every month SHARE value packages will include approximately 4-6 pounds of frozen meat, staple items such as potatoes and onions, fresh fruits and vegetables, pasta, rice or side dish item and a dessert item.

There are no qualifications to participate in SHARE! Everyone who is interested is welcome to participate without filling out forms, membership fees, or coupons!

#### Start Participating TODAY!

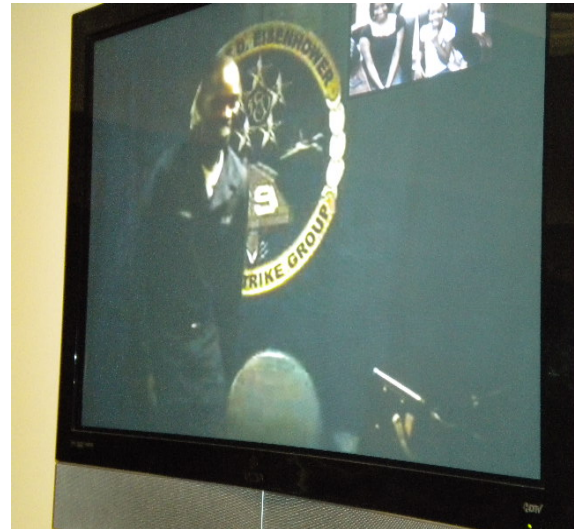
Would you like to order ? To sign-up, locate your nearest Distribution Team on the inside of this menu and contact the Team Coordinator nearest you to start participating today.

Hampton Roads 9912 Hosier Street, Newport News, VA. 23601

Office: (757) 596-7 Fax: (757) 595-2507 **Program Coordinator**

Claudette Fite **Foodbank of the Virginia Peninsula**

## IKE VTC' S Connecting with our Sailors



### Friends & Family Video

Dear IKE Families,

We are happy to bring you news that the ship will start FRIENDS AND FAMILY VIDEO TELECONFERENCING next week and also the week before Mother's Day and Father's Day. NAS Oceana will host the VTC for the IKE families living in the Hampton Roads area. Whidbey Island and Jacksonville will host for families living in those areas. Your Sailor will be responsible for signing up onboard the ship. Please make sure you are communicating with your Sailor, as family members can not sign up. Each family will be limited to 10 minutes. Everyone must arrive at least 25 minutes prior to your slot and depart on time to allow maximum participation. As Ombudsmen, we will give a 2 minute warning to be able to say your

### Teleconferencing (VTC)

goodbyes. We MUST stay on schedule! If a Sailor or his/her family does not arrive on time they will lose their time slot. This is to ensure all others properly receive their allotted time. Technical difficulties with the VTC can, and most likely will, occur. Please be understanding! We all want time with our loved one, but we do not have control over these technical issues. If a Sailor has participated **less than five minutes** prior to the loss of connection, he/she may be allowed to stand by until the end **but only if the schedule allows**. If a Sailor has participated for **at least five minutes** prior to loss of connection, then their time will **not** be rescheduled. Any inappropriate behavior will be grounds for removal and possible forfeiture of any future participation. Please dress appropriately as this is not only a Command event but also a family

event. **If you have any questions about the VTC please feel free to call Parys at 757-323-3288. If for any reason you are unable to reach Parys, please call one of the other Ombudsmen Justina 757-323-7194, Joanna 757-323-3730, April 757-323-3750 or Melissa 757-407-7274.** We look forward to helping our Sailors and their families get connected, even if it's only for a short time.

Warmly,

*The IKE Ombudsmen Team*



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## Ombudsman Newsletter

Please e-mail us at:  
lkeombudsman@yahoo.com

Careline  
757-444-1679



## Ombudsman

Navy Family Ombudsmen are communications links, information and referral resources, and advocates for command family members.



*Appointed by the Commanding Officer, Command Ombudsmen are volunteers and spouses of service members within the command. As an official command representative, the Ombudsman is a point of contact for all family members connected to the command - including spouses, parents, and extended family members. The Ombudsman Code of Ethics guarantees professionalism and confidentiality, within program guidelines. Each Ombudsman Program is owned by the Commanding Officer and will be unique to the command's size and needs. For more information, including frequently asked questions, visit the [Ombudsman](#)*

[Program Web Page.](#)

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## FRG Information

It has been Confirmed that the Adult Halfway Party is as Followed:

**Adult Halfway Party Is**

**May 29th 2009**

**Theme is a Luau**

**Children's Halfway**

**Is not confirmed**

More information will follow for these events make sure you check the With your IKE FRG executive Board members for more details. FRG Meetings are the first Tuesday of every month at London Bridge Baptist Church off of Potters Rd in Virginia Beach @ 6:30 pm , Day care is free Provided you RSVP at [www.ikefrg@yahoo.com](mailto:www.ikefrg@yahoo.com)

### FRG Executive Board

- Mary
- Lindsey
- Heather
- Kaz
- Jessica

### Kari's Corner

Greetings IKE Friends & Families!

Time is flying by in Virginia Beach. Spring is such a beautiful time of the year, but I could do without the blanket of pollen. I have been busy planting, pruning, and weeding. Nothing broke this month in the house, just routine car maintenance like oil changes and tires uhg .

Many of us were able to talk to our loved ones while they enjoyed some much deserved R & R a week ago. I was glad that the Captain was able to enjoy a couple of hours with the XO( Ted) . He promised next time to get some shopping in. We are looking forward to our Half way Adult party in May !! The FRG has tickets for sale now , please join us for a fun filled evening

Hugs,  
Kari